

Class Schedule

Room B-62, Kenneth Hahn Hall of Administration

Effective January 26, 2016

Class	Day of Week	Time
Salsa (Beginning) Jesse Zhu at (805) 965-5609 or Jeszhu@gmail.com <i>Free Class</i>	Monday	12:00 noon – 12:50 pm
NEW CLASS COMING SOON	Monday	5:30 pm – 6:30 pm
Yoga (All levels) Sam Graham (323) 667-2671 \$10/class; \$50 for 6 classes Please enroll in advance at this link (CLICK HERE)	Tuesday	12:00 noon – 12:50 pm
Vinyasa Flow Yoga by Bella Fitness Email: Donna@BellaFitness.com (626) 497-3760 \$7/class; \$20 a month for Zumba or Yoga; or \$40 a month for both. Starts February 16th	Tuesday	5:30 pm – 6:30 pm
Mat Pilates (Beginning) Niambi Sims (323) 309-1802 \$12/class; \$50 for 5 classes Please enroll in advance by text to: 323-309-1802	Wednesday	12:00 noon – 12:50 pm
NEW CLASS COMING SOON	Wednesday	5:30 pm – 6:30 pm
Salsa (Beginning)* Jesse Zhu at (805) 965-5609 or Jeszhu@gmail.com <i>Free Class</i>	Thursday	12:00 noon – 12:50 pm
NEW CLASS COMING SOON	Thursday	5:30 pm – 6:30 pm
Zumba by Bella Fitness Email: Donna@BellaFitness.com (626) 497-3760 \$7/class; \$20 a month for Zumba or Yoga; or \$40 a month for both. Starts February 16th	Friday	12:00 noon – 12:50 pm
	Friday	5:30 pm – 6:30 pm

* The Thursday Salsa class will not meet one - two days per month due to the Healthy Connections workshops. The Healthy Connections schedule is posted in Room B-62.

Classes are taught by certified, private instructors or County volunteers. Participation is voluntary, and the County is not responsible for any fees or damages arising out of any injury that may be sustained by participating in any of the above classes.

Space is limited. Participation is on a first-come, first-serve basis. **County employees only.**

Questions about the exercise program should be directed to Summer Oliney, Department of Human Resources, at soliney@hr.lacounty.gov or (213) 738-3581.